

Portland State University

PDXScholar

University Honors Theses

University Honors College

2015

The Wild Side : Get Fierce, Get Fit, Get Fun

Mason Goché

Portland State University

Follow this and additional works at: <https://pdxscholar.library.pdx.edu/honorstheses>

Let us know how access to this document benefits you.

Recommended Citation

Goché, Mason, "The Wild Side : Get Fierce, Get Fit, Get Fun" (2015). *University Honors Theses*. Paper 343.
<https://doi.org/10.15760/honors.336>

This Thesis is brought to you for free and open access. It has been accepted for inclusion in University Honors Theses by an authorized administrator of PDXScholar. Please contact us if we can make this document more accessible: pdxscholar@pdx.edu.

The Wild Side

Get Fierce, Get Fit, Get Fun.

Portland State University

University Honors Program

Portland, Oregon

Mason Goché

For:

Bobbi, Gogi, Mom, Dad, Lauren, and Shle.

You are all quite loved. Like, by me. And others.

I know because we talk about how much we love you.

Important Foreword

First, consult with your doctor. If you don't like how your doctor talks to you and don't have a trusting relationship with them, talk with them. If that doesn't work then find a new one. Most doctors want their patients to engage their own health.

This book does not contain “the truth.” It is not the silver bullet, the secret, or any quick fix. Instead, this book contains a patchwork of incomplete knowledge gleaned from brilliant professors, scientific research papers, and personal experience. Much of the knowledge conveyed amongst these pages is an interpretation of the ideas laid forth by countless individuals before me. Doctors Cordain, Atkins, and Wheeler in particular have been instrumental to my basic understanding of the human body's processing of macronutrients. Granted, Dr. Atkins advocated for a very high daily intake of animal protein, one that scientific research says is far above the healthy limit. But he had some fantastic revelations on the role that dietary fat plays in our bodies. Nothing in this book is needed. You could just as easily purchase their books and put together more information than I will present here. There are countless resources that are in the same family as *The Wild Side*. If you need to fill your library, check the resources at the back.

But most of their books lack the technique and spirit that let you unleash your Wild Side and liberate the powerful beast inside you. So use the techniques if you like. This may be just what you were looking for.

Welcome to Health

Have you ever thought about how a wild animal chooses food? How do they pick food that has the exact vitamin or micronutrient that the body needs? How do they get all of the tiny, essential components of their diets to maintain health? Omnivores, like humans, monkeys, and rats all **sample**. They try foods out. But then what? Then how do they choose?

Your body has hard-wired mechanisms to help you choose food. Research shows that there are specific mechanisms in the bodies of omnivores that tell them when to eat very specific essential vitamins, such as thiamine: an amino acid that our bodies can't make. We have to get it from food. That is why it was named an "essential amino acid" or Vitamin B-1. There are no known taste buds for thiamine, so how do animals that are low in thiamine know to choose the food that is rich in thiamine? (Rozin, 1969; Leathwood, 1983; Overmann 1976)

The idea behind this book is that your body knows what it needs. There are many different ways for your body to detect the dozens of essential vitamins, amino acids, and fatty acids that humans need. And your body will get it. By letting the scientific research point us, we hope to enable these parts of your body to get what they need, helping you become more healthy, more fit, and most importantly, more happy.

My goals for you:

1. Start to heal your mind with realistic and positive self-talk.
2. Learn when to sample food and when to abstain.
3. Gain a simple, easy-to-remember set of tools that will help guide your day-to-day journey to health.
4. Have fun while you move towards a more ideal you!

With these goals in mind, we can begin the journey. This ride can be fun and it can be scary. If you're ready for your life to make a shift towards health and appreciation, keep reading. Let's do this...

Table of Contents

IMPORTANT FOREWORD.....	4
WELCOME TO HEALTH	5
WHY I WROTE THIS BOOK.....	10
SECTION 1: C-L-A-W-S, THE FIVE BASES OF HEALTH.....	14
“C” IS FOR CARBOHYDRATE: IT’S A HELLUVA DRUG.....	15
A CASE FOR A LOWER CARBOHYDRATE DIET (WITH LOTS MORE VEGGIES!)	15
WHAT “HANGRY” IS.....	17
WHAT IS “SUGAR”	17
STARCHES AND CARBS ARE THE SAME DAMN THING!.....	18
“MIND FOG” AND LOW CARBOHYDRATE DIET?.....	21
SUGAR CRAVINGS	23
LISTENING VS. NOT LISTENING TO CRAVINGS	24
SAMPLING	24
OVEREATING: A SYMPTOM OF NUTRIENT DEFICIENCY?	26
BLAMING YOURSELF FOR “BAD” FOOD CHOICES IS NOT THE ANSWER.....	27
TAKE AWAY	27
“L” IS FOR LYMPH: MOVE YOUR LYMPH EVEN IF YOU LIMP	29
ON WITH THE LYMPH.....	29
MORE ABOUT THE LYMPH SYSTEM	33
HOW NOT TAKING MY DOG TO THE PARK CHANGED MY LIFE	34
MOVEMENT INTEGRATION	36
REPLACE YOUR RECLINERS AND COUCHES WITH STATIONARY BIKES.	37
BIKING TO WORK AND NOT BUYING THAT CAR-PARKING PASS	38
TAKING THE STAIRS	38
WHEN TO PUSH AND WHEN TO LET UP	39
EXERCISE ALONE WON’T BRING ABOUT YOUR IDEAL BODY.....	39
WHY YOU CAN EXERCISE AND NOT LOSE WEIGHT	39
THE TAKE AWAY	41
“A” IS FOR ADAPTABLE ATTITUDE	42
WHY “GET FIERCE”?.....	43
THE DEEPER YOU GO, THE BETTER YOU FEEL	43
HOW TO ENGAGE THE WILDNESS OF YOUR BEAUTIFUL SYSTEM.....	44
FISTS UP, CLAWS OUT	45
BE FIRM WITH YOUR WILD SIDE	45
BE STEADY WITH YOUR WILD SIDE	45
BE TOLERANT WITH YOUR WILD SIDE	46
“CHEATING” ISN’T A THING WITH THE WILD SIDE METHOD	47
FAT ADAPTATION AND QUICK WEIGHT GAIN	47
LATE NIGHT CRAVINGS AND THE SIGNAL OF SCARCITY	48
ON A DIMMER NOTE	49
WHEN PUSH COMES TO SHOVE, PUT YOUR FISTS UP.....	50

THE TAKE AWAY	50
<u>“W” IS FOR WATER: WHY YOU MUST DRINK WATER TO LOSE WEIGHT</u>	<u>52</u>
THE ROPE ANALOGY AND DRINKING WATER	52
METABOLIC WATER AND WEIGHT LOSS	53
COFFEE, DEHYDRATION, AND PLATEAU	54
HOW MUCH WATER IS RIGHT FOR ME?	54
SALT, IT’S LITTLE BIT TRICKY	55
SALT AND A SICK WILD SIDE	55
THE TAKE AWAY	56
<u>S IS FOR SLEEP/STRESS</u>	<u>57</u>
SLEEPING, NAPPING, AND CRASHING	57
THE MANY CAUSES OF INSOMNIA	57
TIRED? WHY WAIT. GO THE F#ÇK TO SLEEP	58
THE LIVER, THE BRAIN, AND THE BLOOD SUGAR	58
THEN THERE’S DEPRESSION	58
STRESS: REDUCE IT PHYSICALLY	59
...AND COPE WITH IT EMOTIONALLY	59
WHAT A STRESSED OUT WILD SIDE WANTS TO EAT	60
THE TAKE AWAY	62
<u>WRAPPING UP CLAWS</u>	<u>63</u>
<u>SECTION 2: CREATING A PLAN</u>	<u>64</u>
ADDRESSING THE COST OF EATING WELL	64
THE “50 FOOT VIEW” OF FOOD CHOICES	65
BEING PICKY: A WAY OF BEING IN THE GROCERY STORE	66
GREAT STAPLES TO EAT ALMOST EVERYDAY	68
GOOD OILS	68
<u>WRAPPING UP THE WILD SIDE</u>	<u>70</u>
<u>APPENDIX A</u>	<u>71</u>
RECIPES FOR HEALTH	71
AIOLI: AVOCADO, GARLIC, AND HERBS	71
GRANDMA’S SOUTHERN GREENS	72
FISHING BOATS	73
ALBACORE SAUCE OVER PORTABELLA	74
EVERYDAY SCRAMBLE	74
KATE’S FRICKIN CHICKEN	75
HAWAIIAN FISH	76
DILLA SAUCE	76
CULTURED CAVEMAN TORTILLA (AND CREPES, AND TORTILLA CHIPS)	77
PALEO DILLAS	78
LAUREN’S ASIAN FLARE SALAD DRESSING	78
<u>BIBLIOGRAPHY</u>	<u>80</u>

Why I wrote this book

In the summer of 2011 I was diagnosed with multiple sclerosis. I went from the founder of a collegiate soccer team and straight-A student to an indigent, depressed college dropout who had to use a cane to reluctantly move my fatigued body. At the time of my first MS attack I had been trying to lose weight with The New Atkins diet, which had been retooled by Harvard researchers to reflect a more science-based approach. But something wasn't right. I lost weight but my relapse into MS coincided very closely to the weight loss.

During and directly after my diagnosis, I was lucky enough to stay at my cousin's ranch where I occasionally took care of the horses and took the dogs on pack walks. When I moved back to Portland, I began taking an interferon drug for treating MS. My depression worsened, my body became reliably weaker, and I began contemplating suicide.

I tried to go back to school and made it through one term, getting the worst grades I'd ever pulled. The major warning for the interferon I was taking, which cost nearly \$4000 per month, is depression. With bruises all over my body from the injections and rapidly gaining weight, I chose to go against all advice and take myself off of the medications. My depression rapidly improved but not my other symptoms.

Over the next year I researched everything I could about human anatomy and physiology, the immune system, and diet. I'd spend entire days following links on

educational websites learning as much as I could about the lymph system, the nervous system, autoimmune diseases, multiple sclerosis, and science in general.

Because I was actively searching for treatment solutions that didn't involve the main disease-modifying drugs, everyone had tips and clues for me. One of those was LDN or Low-Dose Naltrexone. This drug was originally used to stop heroin addicts from being able to get high. The class is called "opiate antagonists." The dosage was about 1% of what is used to treat heroin addiction. There was quite a bit of anecdotal (stories that are not scientifically "significant") of people having some success with treating MS with LDN. This medication was created in the 1980's. But because of the complicated nature of pharmaceutical laws, I had to find a doctor in Portland that would prescribe LDN as an "off-label use." In other words, my doctor said it might work for MS even though it wasn't designed for that. I took it and started to feel better. Not all the way better. But my health was showing signs of progression

One day my father called me up out of the blue (nothing strange in our family) and talked with me about something his doctor-friend had implored him to pass along to me:

"I just saw Dr. Partman. I haven't seen him in years."

"Uh huh," I replied lazily.

"He stopped me right in the middle of the grocery store and said that I *had* to tell you something."

"Uh huuuuuhhh." *Here it comes, the advice out of nowhere.*

“Have you heard about the dairy and MS connection?” My father inquired.

“No. I didn’t know there was one.”

“He says you definitely need to check it out.”

I tried to find research on a possible connection between lactose, the sugar in dairy, and MS. Nothing. I looked at a connection between casein, the protein in dairy, and MS. Nothing. I found one inconclusive study, which couldn’t find any “statistically significant” link between MS symptoms to casein. But I decided to do it anyway. I cut out nearly all dairy and began noticing my physical symptoms easing.

Over the next year I learned about plant-based paleo diets from Dr. Terry Wahls. Doctor Wahls is a physician who was diagnosed with the worst kind of MS, the kind that cripples you before it kills you. Over just a few months she reversed her debilitating MS by eating whole foods specifically for their nutrient contents. She went from a zero gravity chair, which alleviates pain, to bicycling and giving speaking tours. She accomplished this with a plant-based paleo diet and lower body muscle stimulation. She wrote two books: *The Wahls Protocol* and *Minding My Mitochondria*.

After seeing Dr. Wahls’ Ted Talk on how she reversed MS, I took on a plant-based paleo diet with no dairy, grass-fed meats, unlimited healthy oils, and as much biking as possible. And I restarted school to eventually become a doctor.

Through my paleo-tinted-lenses, I learn more and more about biology, chemistry, and medicine. I hope that some of this knowledge helps you. I have benefited from my journey of health hugely. Now I'm presenting this book to you as one of the many tools that you will find on your own journey of health.

Good luck. I'm with you.

Section 1: C-L-A-W-S, the five bases of health

- **CARBOHYDRATES**
- **LYMPH**
- **ADAPTIBILITY**
- **WATER**
- **STRESS/SLEEP**

These are the five things to remember throughout this book and throughout your journey of health. If your goal is to have your ideal body composition, remember your CLAWS. If you are trying to find alleviation from an autoimmune disease, remember your CLAWS. If you simply want to be healthier, remember your CLAWS. Keep this concept with you. It's easier than you think.

What is your ideal body? What does it look like? When you picture it in the mirror, do you see muscles, bones, or veins? How do your eyes look? More importantly, who told you what your ideal body would look like? In ancient Greece, the most beautiful woman in Athens would be considered obese to modern western standards. In Victorian times, it was thought to be sexy to have a waste the size of a toddler's arm.

Through this book, you are invited to cast off the ever-changing ideals of beauty that mainstream media have given us. This is not an easy task. Luckily, there is a

relatively simple solution. Many of us jump straight to the thought of an “ideal weight” or the “perfect pants size.” I encourage you to steer away from this mental trap. Instead, I encourage you to trust your body. If you follow this method with the help of your doctor, your body will find its own happy, healthy weight. You don’t need to stress anymore. Your body knows what it’s doing. If you let it...

“C” is for Carbohydrate: It’s a helluva drug

In this section you’ll learn:

- *Why sugar makes humans crazy drug addicts*
- *What sugar **really** is*
- *How your body deals with balancing sugar in your body*

A Case for a lower carbohydrate diet (with lots more veggies!)

Research over the past 15 years has shown that not only is a low-carbohydrate diet (LCD) easier to follow than a low-fat diet, but also that an LCD has many other advantages over a low fat diet:

- **Heart disease:** lowers risk of heart disease (Bazzano, 2014)
- **Diabetes:** effective control over type 2 diabetes (Feinman, 2014)
- **Cancer:** helps to inhibit tumor growth (Ho, 2011)

- **Inflammation, triglycerides, and blood pressure:** lowered levels of inflammation marker C-reactive protein (CRP), triglycerides, and lowered systolic blood pressure. (Feinman, 2014)

Many people understand that the body has some way of picking food other than just our conscious mind. A newly found growth hormone, obestatin, is one of these ways. Specifically, obestatin is a hormone that is created and released by a part of your brain called the hypothalamus. This hormone has been shown to alleviate hunger and decrease weight gain. On the other side of things is another hormone that does the opposite. It's called ghrelin and it up-regulates appetite (makes you hungry) and increases weight gain (Zhang, 2005; Kojima, 1999).

The body has many different ways (mechanisms) to take care of the business of keeping you alive. Our job is to give it what it needs so that it doesn't *just* keep us alive, but make us healthy.

A crucial aspect of this journey of health is to largely stay away from the addictive substances that riddle many of our foods. Sugar (honey, corn syrup, agave, etc), monosodium glutamate (MSG), and fried foods, in particular are of the greatest note.

Sugary foods seem to trigger similar circuitry and pathways in the brain as many addictive drugs. In fact, the reward that the brain doses you with from sugar may be greater than the reward your body gives you from cocaine! (Lenoir, 2007)

What “hangry” is

Researchers at University Bordeaux in France found that animals given a choice between cocaine and sugar, the animals would choose sugar.

We’ve all been so hungry that we get “hangry” (hungry+angry). With this new information about how our brains register sugar, it makes sense to think of this “hanger” as sugar withdrawal, not just “low blood sugar.”

What is “sugar”

Why does your brain need sugar? Should you keep it out of your diet so your body makes its own?

Your body must have carbohydrates. Fiber is a kind of carbohydrate, and all scientific signs point to diets with lots of plant-based fiber being the healthiest. Higher dietary fiber intake has been associated with a lower risk of death from all factors (Yang, 2015). So how do we know the difference between carbs we want and carbs that are best to think of as a drug?

We say that anything sweet has sugar and that the sweeter it is, the more sugar it contains. Then how are sugar and the non-sweet carbs like fiber and starches related? Enter the **glycosidic bonds**.

The most basic form of sugar that your body uses is **glucose**. Glucose is a wonderful chemical that nearly every cell in your body needs to produce energy (including cancer cells, unfortunately). It is believed at this time that your brain can only run on glucose and a couple of different specialized fats. Now, you may be thinking “well, it sounds like I should just eat ALL THE GLUCOSE :) !!!”

Not quite. The more excess sugar and excess carbohydrates you eat, the more damage is done to your body through oxidative stress, and inflammation (Giugliano, 2006). Now you’re thinking “great, I’m just supposed to eat air?!” Not at all!

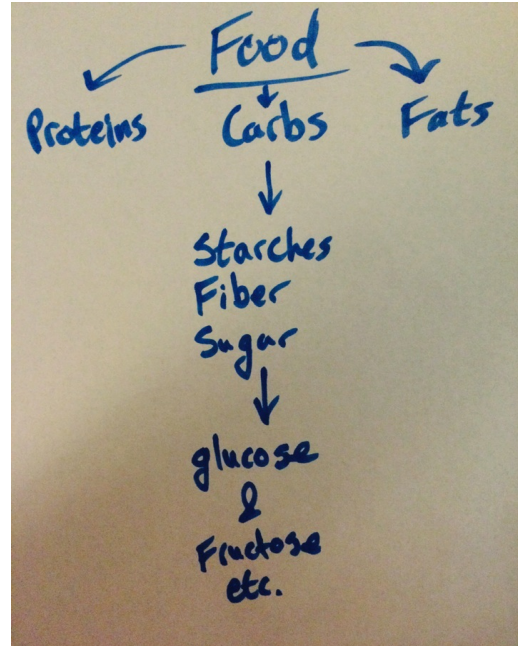
The Wild Side Method is designed to help you make the food and lifestyle choices **that let your body safely regulate glucose** levels in a way that fosters health and happiness. This isn’t a line of BS. Anyone who has ever had a blood sugar crash can tell you how the two are connected. The key is to train your body to use fat so it doesn’t need dietary sugar every thirty minutes to keep you stabilized. But more on that in a moment...

Starches and carbs are the same damn thing!

Carbs have a funny interaction with your brain and system. Let’s explore the different kinds of carbs.

Fiber vs Starch

There are many different types of carbohydrates. The two most basic types of sugars for our purposes are fructose and glucose. Each of these is a single sugar molecule that can be joined together in different ways. Just how these basic sugar molecules are combined (with their glycosidic bonds) determines whether our



bodies can use them for energy. This is how we decide if carb is a starch or a fiber: **starches we can use for energy, fiber we cannot.** Fiber is essential in our diets. The fact that it is “indigestible” is actually good for us. Eat fiber. It slows down sugar absorption, provides a full feeling, and helps ya’ poo. (Jenkins, 1986)

Glucose, the sugar that the body produces for all of its cells, is not as sweet as fructose. Fructose is found in fruit and many vegetables. When the fiber is removed from these naturally sweet plants, the fructose is turned into a sweetener. Many sweeteners contain one part of glucose connected to one part of fructose. Eating too many of these carbs, whether from a sweet source or from a starch, sends the signal for your body to store them as fats in the form of LDL (Low Density Lipoproteins, booo!!!) and fat (**triglycerides**).

Some sugars are linked together like a long chain with a bunch of bonds and are called **polysaccharides** (poly=many, saccharide=sugars). These starches have a tendency to taste savory even though they are packed with sugar molecules! Short-chain carbs in double units are called **disaccharides**. We know disaccharides as table sugar, high-fructose corn syrup, and honey. The disaccharides tend to be sweet in varying degrees. (Lustig, 2013)

When you eat a starch or sugar, aka “carb,” the digestive enzymes in your spit immediately begin breaking down the bonds that connect the little microscopic bits of sugar to each other. If you chew bread for long enough, the **amylase** (digestive enzyme) in your spit will break down the bonds until the bread tastes mildly sweet. Your taste buds will be able to pick up the newly detached glucose molecules!

Your body breaks down starches into sugars immediately because your brain and body have been trained to get their energy from sugar in the blood (**blood sugar**) as opposed to the many sources of fat throughout your body. Though it can, and should, get sugar (glucose) through metabolizing fats, your body does what you train it to do. So, if you eat starches or sugars with every meal, your body will not be set up to metabolize the bits of triglycerides (fat) and low-density (LDL, bad!) cholesterol that can swim through the veins in excess when you eat a high-carbohydrate diet. Simply

put, the more often you eat carbs, the harder it is for your body to burn and use fat for energy. (Kasim-Karakas, 2006).

If you eat a diet more like those of our pre-agricultural ancestors, one rich in fresh plant matter, natural fats, low sugar fruit, and small amounts of protein from healthy, happy animals, your body will have the “cellular memory” and enzymatic pathways to access those fats quicker. In short, you will be “fat adapted.”

“Mind fog” and low carbohydrate diet?

When many people attempt a low carbohydrate diet, they say it makes them feel horrible. Lethargy, nausea, intense cravings, and headaches go along with this “sickness behavior.” But don’t be afraid! These symptoms go away for most people within a week, all while they are training themselves to be ideal at using and burning fat.

There are two things happening here:

1. Your cells are starved for glucose because your body has chemically “forgotten” how to convert fats to sugars. (Freedland, 1959)
2. Your brain is trying to send you signals that it is in need of glucose. It’s telling you that it needs sugar so badly that you should feel sick, sleep, and eat what you’ve always eaten.

Anyone who has dealt with drug and alcohol abuse can see that these symptoms appear eerily similar to drug and alcohol withdrawal. For this reason, it is helpful to think of this period of sickness behavior as carbohydrate withdrawal. (Avena, 2008)

After a period of time, from a few days to a couple of weeks, the body learns to burn fat instead of sugar from your food for energy. During this shift to becoming “**fat adapted**,” the body is likely reading your DNA and building enzymes piece by piece in response to needing to burn fat. At the same time, your sensitivity to sweetness increases and your pancreas gets to take a break from the well-worn path of using dietary carbohydrates for fuel.

Your cells and enzymatic pathways don’t remember right away that you can access the fat in your blood, liver, around your organs, and muscles for energy. It takes around a week on a low carb diet for fatigue to decrease and for stamina to increase. After that week, performance has shown to be better for low carb athletes than athletes eating a “standard” diet (Burke, 2000).

On some occasions, people will have these symptoms not because their body has forgotten how to metabolize fats, but because they lack the amino acids, proteins, or vitamins to do so. Many low carb diet books recommend a **daily multi vitamin** to give your body all the chemical pieces needed to start this

new process of using fat for energy. **Starting a good whole-food-derived multi vitamin before attempting a dietary change** is certainly a good idea.

Sugar Cravings

It is also important to start noticing and sorting out your body's cravings and signals. The sugar cravings are real. Sweetness appears to cause addiction (Guercio, 2015) that is hard-wired to make you gorge on sugar whenever you are around it.

The “Nomadic Fruit Tree” hypothesis, a possible evolutionary explanation for sugar addiction:

Imagine that you and your ancient band of brethren are traipsing through the forest. It's been a tough trek to your winter grounds. The weather is going to be getting colder soon. As you walk through the woods, you come across a fruit tree with ripe, succulent, sweet, glowing fruit. Can you taste them in your mind's eye?

Humans have adapted partially because when our ancestors encountered those groves of fruit, the ones with genes for sugar addiction stopped and ate until they could eat no more. Because of this, they had plenty of vitamins and micronutrients, giving them a competitive advantage over other tribes. There is even a theory that states we can see color so we can see fruit. Oranges glow with color. If

they appeared gray, it would be much harder for us to see them. After all, we can get vitamin C from our diet but nowhere else. If we don't get vitamin C, we die. It is essential.

Our pre-agricultural ancestors subsided off of plants, animals, and fats a large majority of the time. And when they got fruit, they ate as much as possible. The fact that we humans have to live with sugar in our cabinets and refrigerators is a cruel joke. Our inventiveness has out-paced our evolution. So minimize what you've got on hand of sugary substances. You wouldn't ask an alcoholic to hold a bottle of booze for you. Don't ask yourself to be trusted with sugar.

Listening vs. not listening to cravings

No one can tell you when to listen to your cravings. It's your body. But knowing where some of these cravings come from may be crucial to understanding your own health. Do you crave molasses? If you're a woman at the age of menstruation, you very well may tend towards anemia. Do you crave red meat and work out five times a week? You may have a higher need for amino acids and proteins.

Sampling

Sampling is trying a very small bite of a food. It may be just big enough to get the taste of the food. As omnivores, we are designed to sample foods and let our bodies respond by craving the foods that have elements that we need.

Sampling is crucial to the Wild Side Method. There are some real benefits and real risks to being an individual that partakes in regular food sampling.

Benefits of food sampling:

- Your mind does not feel deprived of different foods.
- You get to find foods that your body wants.
- There is a continuing exploration of how foods react with your body.
- It's fun!

Risks of food sampling:

- Triggering food addiction is guaranteed to happen.
- Likely exposure to processed foods.

Now, you may be looking at the risks of food sampling and thinking of how hard it would be to just eat a little bit of birthday cake. I encourage sampling of foods that you think may actually have some nutritional benefit. When you are going through the physical withdrawal of sugar, it's a pretty bad idea to sample a sugary food. After you've become fat adapt, many people say that it is much easier to actually have just a bite of dessert and your body is much more resilient to a small amount of sugar.

Overeating: a symptom of nutrient deficiency?

Just going with the cravings can be like leaving a kid in the candy store. Your brain and body will get the nutrients they need through whatever you put in front of it. If you are deficient in vitamin A because all you eat are potatoes (1% recommended daily allowance of vitamin A in potatoes), you are likely going to want to eat enough potatoes for your body to get its fill of vitamin A. Your brain will get that nice sugar kick off of those simple starches and you will get the Vitamin A that you need by overeating the potatoes. Unfortunately, in the process of obtaining your vitamin A through potatoes, you have overloaded your system with so much carbohydrate that you are now having to store that excess sugar in your body as fat. Your triglycerides and LDL, and blood sugar will all go up.

How you store excess dietary carbohydrates:

- Blood (high blood sugar)
- Triglycerides (high blood lipids)
- Liver (non-alcoholic fatty liver disease)
- Around your organs (inflammation-promoting visceral fat)
- Under your skin

For these reasons and more, it's important to notice your food cravings and get to the bottom of why they are happening. For instance, if you crave chocolate, are you deficient in Iron or Magnesium? Or are you a sugar junkie?

Or are you sad? Whatever the answers to these questions, it is an important step to start approaching your health and bodily system as more complex and demanding than you realize. This is not about willpower. It is about giving your body what it needs.

Blaming yourself for “bad” food choices is not the answer

Blaming yourself completely misses the point that your system is stronger than your willpower. Wanting or not wanting to eat something is only part of what factors into whether your system will make you eat it.

Your system has the number one objective to survive. It runs the show in concert with your mind. The best thing you can do is put great, nutritious things in front of you. In this way, the goal is to help it avoid having to go crazy and sabotage your higher objectives of “health” or “weight loss” to get the components for survival.

Take away

- Sample a wide array of foods but minimize carbohydrates.
- Acknowledge the food cravings, thank your system for the communication, and remedy the problem with nutritious foods that address the source of the craving.
- Eat a ton of low carb, high fiber veggies.
- Don’t be afraid of good fats (a list is available at the end of this book)

- When you eat meat, try to get it from healthy, happy animals and eat it in smaller amounts.

“L” is for Lymph: move your lymph even if you limp

In this section, you will:

- *Learn about the lymph system and how even a moderate amount of regular movement helps keep this crucial part of your system moving and healthy.*
- *Think of activities that are fun! Start by reframing your relationship with movement away from “exercise as work” and towards “activity as hobby.”*
- *Find activities that integrate themselves into your life.*
- *See why exercise alone isn’t enough to lose weight and be healthy.*

On with the lymph

I can imagine you, dear reader, wondering why I keep alluding to this “lymph,” asking yourself why I want to talk about the bumps around your neck. I don’t. I want to talk about the whole system! Did you know that the lymph nodes are just a small part of the previously undiscovered lymph system? The lymph system is famous for getting swollen when it fights infection. But the lymph system also has another amazing role: it carries away much of the waste that your cells produce. It then delivers this waste to the kidneys for elimination. Your lymph system covers nearly every inch of your body, from the bottom of your feet to the back of your neck.

Here's an excerpt from Mary Gramling, Physical Therapist, certified lymphedema therapist, and owner of New Leaf Clinic in Portland, Oregon. She explains how exercise helps move the lymph, a couple of therapies for non-exercise lymph movement, and when not to treat yourself:

How Exercise Works for Lymph Drainage

Because the lymph system does not have a strong pump like the heart, it relies on outside pressure to help transport fluid. Veins and lymph vessels have one-way valves that direct fluid toward their destination. Pressure from muscle contractions and movements help pump the fluid in the vessels. Strenuous or resistive exercise also brings an additional blood supply (and more fluid) toward an area. This can cause swelling. This is why people with swelling problems should wear compression garments when exercising and follow recommendations for gradually increasing resistance or intensity.

How Manual Lymph Drainage (MLD) Works

Manual lymph drainage is a light massage technique that stimulates lymph activity and physically assists drainage along specific pathways. In addition, the body can respond over time by forming new lymph vessels that help reinforce the pathways of drainage that are being regularly used and stimulated.

How Compression Works

Compression prevents re-accumulation of fluid when gravity is working on your system. It also makes the muscle pump more effectively. In a working lymph system, the skin provides resistance against which the muscles push to pump fluid. When swelling occurs, the skin stretches and can no longer provide this resistance. Compression garments and bandaging makes the muscle more effective at pumping fluid. Compression also helps prevent fluid from building up.

When Not to Treat Yourself

There are some conditions that cause swelling that should be checked out by your health care provider. If you are concerned about any of the following, call your health care provider. The sooner you start treatment, the better.

Signs and Symptoms that you should call your health care provider:

- Redness
- Warmth
- Swelling (sudden or atypical for you)
- Pain
- Itchiness

- Fever
- Shortness of breath/ difficulty breathing
- Chest pain or other signs of heart problems

More about the lymph system

The lymph system is crucial for your system to maintain stasis (balance), fight infection, and remove toxins. It is paired up with your veins and arteries that pump and return blood throughout your body. If you've ever known someone with lymphoma, lymphedema, or breast cancer, they can tell you how important it is to have a functioning lymph system. Here's the kicker: unlike blood that just gets pumped by your heart day or night, asleep or awake, active or not, **your lymph is moved only by your skeletal muscles.** In other words, if you don't move your body, your lymph becomes stagnant. If you don't move your muscles, your body has a harder time fighting infection. If you don't move your muscles, toxins aren't removed as easily and your system is burdened with material that should be removed by your kidneys (Cancer Research UK, 2015).

This is the reason that The Wild Side focuses on the lymph system as motivation for movement. Burning calories is secondary to moving the lymph. Moving the lymph system is good for your system and helps get all of that cellular and metabolic waste out of your body. Move your lymph as a way to love your body.

We have been active creatures for thousands of years. We have adapted with movement as a means of defense. Don't stop now! Your body wants you to move. You don't have to "exercise." A stationary bike, walking in the park, gentle yoga, picking up litter, bird watching, mushroom hunting, or cleaning up the house will all help move your lymph. Anything that moves your skeletal muscles will accomplish the objective of moving your lymph. But remember: **choose things that are fun most of the time!**

How not taking my dog to the park changed my life

At a low point in the progression of my disease, I got a gust of motivation. Depression and MS go hand-in-hand so I knew I had to seize the moment. My health-nut, workout-addicted, superman-physique'd friend happened to be in town. I asked him if he'd work out with me. His response was of course an enthusiastic "yes."

As we prepared to leave the house, I considered taking my semi-insane, ball-obsessed, top-bitch of a dog with us:

"Maybe I should take April."

"Would that be fun for you?" He asked.

"Not at all."

"Then you are not allowed to take her with you."

With this simple exchange, my concept of exercise was shattered. With one short conversation, my paragon of health and exercise laid out his simple key to success: **If it's not fun, it can't be part of your workout.**

Through my personal battle with multiple sclerosis, I have learned how crucial exercise and movement are. Every day that I don't exercise my mood dips, my energy flags, and my mind dulls. Granted, I am the canary in the coalmine: my system is extremely sensitive and communicative with me. Luckily I've learned to listen.

When he came over I was preparing to gather my aching, fatigued body off of the bed and slog it up and down a nearby park. Heat and exertion are known to induce MS symptoms and I was frightened that the heat and exercise would trigger an MS relapse. Would exercise be the worst decision of my life? My system was corrupted. My internal compass to tell me what was good for me was spinning. I was so out of whack that I believed that exercise would only make things worse.

With the previously mentioned Dr. Wahls' guidance, I was able to lean on the scientific research that had found that exercise is actually very good for alleviating MS symptoms. I decided to throw caution to the wind and go for it. I couldn't keep living like I was: lethargic and in pain even though all I did was lie in bed. I was in a horrible mental place. I'd also read that people with

MS were eventually able to counter the notorious fatigue with exercise. This was great news! I could beat the fatigue with exercise, lose weight, and start to feel better. But exercise hurt so much every time I'd tried. It felt like I was being stabbed in the legs! Was it going to hurt like hell every time I exercised, forever, even when the fatigue had gone away? According to the studies I'd read, there would be six months before the fatigue was gone. And the pain? There was no mention. In my mind it was possible that I'd live with the pain forever. But I said, "screw it!"

I originally felt guilt that I got to run in the park and my pup didn't. I still love taking April to the dog park on her time, when it's not about me. But I knew if I brought her, it would be all dog-focused. I wouldn't be able to focus on my breathing and the sweet pain of my muscles growing. I'd be stressing out over whether she was confronting another dog, pooping, or barking at someone. So I didn't take her. Since that moment, I have been liberated. I rediscovered biking, something that I used to love with all of my heart. With each day my commute becomes more fun and more satisfying. Needless to say, the stabbing pain in my legs is gone. In its place are sexy bike calves and a happy, adaptable attitude.

Movement Integration

A really good way to keep you active is to incorporate the movement into your day as a requisite for something you've got to do. I bike to school nearly every day. You may have to make your own drastic change in this lifestyle

shift of yours. Here are some examples of integrated lifestyle changes to make the success of The Wild Side Method stick with you forever. If these seem extreme, remember that this isn't about looking good. This is about being healthy and happy.

Replace your recliners and couches with stationary bikes.

This is by far the best and most drastic shift you can do! Think about the activities we do on the couch. Often it is snacking mindlessly while watching a show. When you get rid of the La-Z-Boy and couch, you will get instant benefits. Look, no one wants to give up the comfort of our favorite movies and TV shows. And you don't have to! Let's compromise: you still get to watch your favorite shows, don't have to find separate time to exercise, and can eliminate the mindless snacking that goes with couch time. All you have to sacrifice is the couch. If you are concerned about not being able to entertain people in your living room because there are no couches, consider entertaining in the kitchen or at the dining room table instead. If you really want to get crazy when you have a gathering, move your exercise bikes out of the way. Now you have a dance floor! You just became the healthiest, most fun entertainer around. The first reaction to this kind of radical idea is this: "why don't I just ADD an exercise bike to the living room?" The answer is that it takes a ton of willpower to get on that exercise bike when there is a soft, cushy couch just waiting for you. We want to remove the couch just like we want to remove the ice cream from the freezer. **Willpower is something to be capitalized on when it peaks, not tested everyday.** This is about

success and failure. There is nothing wrong with failing. But we want to set ourselves up for success by striking while the iron of our willpower is hot. The same rationale goes for trying to turn a spare room into an exercise room. It may work. But often the door will get closed and the costly exercise equipment will be forgotten about and added to our guilt and reasons that we tell ourselves about why we can't succeed.

Biking to work and NOT buying that car-parking pass

Cycling is a great method of movement. It is generally low impact on the body, fun, good for the climate, and saves people money. It is important to have a bike that you enjoy riding. Not all bikes are created equal. There are ways to adjust the seat and handlebars to make the bike more fitting for your body. There are also fatter tires and shocks that make riding smoother but more effort to move. One of the keys here is to find a way to make this biking a regular occurrence. You don't want to create a lot of "outs" for you to avoid riding. Even if it is fun for you, there are days that you just don't wanna! It's a good idea to have a backup plan on the days that you can't or won't ride. But integrating movement into your routine is going to be your key to success.

Taking the stairs

Taking the stairs is one way to include a little movement in your day. I highly encourage you to find a way to make it fun. When you find out how, let me know!

When to push and when to let up

There is a principal in some yoga practices that expresses the difference between “sweet pain” and “sour pain.” **Sweet pain is the kind of pain that we get from a gentle stretch or the burn from working out a muscle.** Sour pain is the distasteful sensation when we over-stretch, sprain, or pull a muscle. Your doctor may tell you which stretches to avoid. In general, distinguishing between sweet and sour pain is very helpful in your journey of health.

Exercise alone won't bring about your ideal body

There are millions of people that think they can exercise their way out of obesity. The documentary “Fed Up” does a great job at dispelling this myth (and many others!). If you want to lose weight, your diet has got to change. Many people I meet who think they can hit the gym every day and keep drinking that daily Frappuccino or beer, yet lose weight, are often mistaken. Exercising may make you feel better but it likely won't make you thin. Yet, bodily movement is crucial to health. Even if you can't go on a two-mile run around the neighborhood or ski your way down the mountain, muscle movement is extremely important. We evolved with regular movement. Sometimes it was running, sometimes it was climbing, and sometimes it was chasing down a kudzu.

Why you can exercise and not lose weight

Theoretical example:

Imagine a muscular yet obese man of 30 years old. He loves his milkshakes, burgers, and fries. He decides it's time to get healthy and lose some weight. He switches to turkey sandwiches and a salad. He hits the gym every day. After a month, he realizes that his clothes aren't really fitting any better. He feels stronger, but he's not really getting what he wanted out of this life change.

Each day after the gym, he has an insatiable hunger. He often eats his sandwich and salad. Sometimes he skips the meal in an attempt to lose more weight. On these days he still has cravings so settles for a Frappuccino. The frappuccino contains fewer calories, eliminates the cravings, and gives him that afternoon caffeine kick after the workout has left him brain dead.

What has happened to our theoretical compatriot? In this scenario, there are quite a few things to look at:

1. The exercise has only emptied his blood of sugar, leaving his brain starved for sugar.
2. Because he is not "fat adapted," his body demands sugar to stabilize the body's blood sugar. This leads to cravings that have to be fulfilled by the ritualistic Frappuccino, sandwich bread, or another carb.

3. Switching a sandwich for a burger makes no difference. They are essentially the same food item.

Do not misunderstand me: exercising is fantastic. I personally do it every day I can. It makes me feel wonderful. But it will only partially accomplish weight loss objectives.

The Take Away

- Focus on fun activities that get you moving.
- Think about moving your lymph, not exercising.
- Incorporate movement into your life.

“A” is for Adaptable Attitude

You are a human being. You are a miraculous symphony of cells, organs, tissues, and systems that have one sole objective: your personal success. Feel them. Are they telling you anything? They are designed to communicate with you. Your mind and body are a team. Get your claws out. It's time to fight.

You've gotten a taste of the front half of this method: lower your daily carb intake and increase the movement of the lymph. The Wild Side Method encompasses one central thought: that your body will bring you to an ideal health if you give it what it needs. Finding those things that it needs is the challenge. With The Wild Side Method, you are encouraged to explore what works for you. You will inevitably have passing failures. How you handle these momentary setbacks makes all the difference in your long-term success as a fit, fierce, fun individual.

Unfortunately, the world doesn't care whether we are healthy or not. Some people cruelly make fun of overweight people when the truth is that we don't fully understand obesity. Others blame media and industry for marketing addictive food starting at the age of infancy. Either way, **this world will eat you alive. The key is to NOT eat right back.**

Why “Get Fierce”?

In order to succeed at anything, we have to be fierce. For some that means cunning, for some that means cute, for some that means tough as a rusty nail in a Tulsa tornado. Whatever makes you strong and resilient, tap into it now. It's highly unlikely that this is your first “diet.” Why is the Wild Side Method different? Because you are different. Some reading the phrase “you are different” will feel an electric charge resonating through them while some will feel shaken that they aren't or don't want to be different. Give yourself some credit. Never before have you had the level of knowledge that you have in your brain right now. You are currently at your all-time peak. Can you feel it? Even if you feel miserable, ready to give up, you have this book in your hands. You are here. Get your claws out. It's fighting time.

The deeper you go, the better you feel

You pumped? You ready? If not, go put on the best, energetic music you can find. Do it. Now. Don't pick this up until you are rocking out. Are you ready for the pep talk?

There's a reason that this section is called “Adaptable Attitude.” The reason is that circumstances change. The grocery store by your house may close. That one go-to food staple that you've been living off of may turn out to be the one thing that is causing a weight-loss plateau. You might not be able to afford the gym membership. Shit happens. Life doesn't care. I'm sorry. I wish it did. It doesn't. But don't get sad. Remember, you have the best ally that any

creature could ask for: **you have the ruthlessly powerful combination of human body and mind.** You are it. Nothing is better than what you've got. Even on your worst day, under the worst circumstances, you have this gift. Thank all of those filthy ancestors sleeping in the cold, starving nearly to death. Millions of years of evolution have culminated so that you, my friend, could become the unstoppable combination of human body & brain. No matter what, you've got that.

Every wretched food craving that has left you over your ideal weight is to your benefit. Those cravings have kept you alive. They only show that your system is strong; your will to survive is immense. Every extra ounce that you carry signifies your fierce system overtaking you with the will to survive. Your brain taking over your body to get the nutrients it needs is like a horse breaking through barbed wire. Your system is fierce!

How to engage the wildness of your beautiful system

Directly after being diagnosed with MS, I stayed at my cousin's ranch. One of the things that she and her husband do there is gently train horses. I began working with a beautiful Palamino who didn't want anyone near him, let alone riding him. Over the next month, I learned how to speak firmly, steadily, and tolerantly with him. We developed a relationship: I gained confidence and he learned how to work with the people who would take care of him the best.

It may actually help you to think of your system like a horse or other animal. It conveys the wildness, the intuition, the raw instinct, and fear. But most of all, the visualization conveys the position that your system is in: a wild but completely domesticated animal. This wildness inside is what we will call your The Wild Side. I envision my inner beast, my Wild Side, as a black and white, crazy-eyed stallion, rippling with power.

FiSTs up, CLAWS out

Any horse person will tell you that to work with a horse, **you have to be Firm, Steady and Tolerant (FiST)**. Let's explore these.

Be Firm with your wild side

It's important to have firm and confident self-talk. It's also important to have that self-talk be audible. That's right, I'm telling you to talk to yourself. Your system will respond better to you if you talk with it. Just like a horse, it can sense your confidence and hear the words you say. You want the different parts of your brain to make stronger connections. We have told ourselves that we can't do it, that we aren't worth it, or that we're stupid countless times. That ends now. It is time to start rewiring the brain in our favor.

Be Steady with your Wild Side

Your Wild Side wants to work with you, but guess whom it takes its clues from? Yep, that's all you. If you train a horse that

a click of the tongue means “go faster,” that click stays the same cue. You don’t decide to randomly change the command one day because you thought it was a good idea. The same goes for your Wild Side. If part of your plan is to stop eating after 9pm, try not to “slip up” and send the wrong signal to your Wild Side. It will only understand “now we eat after 9 again.” When you inevitably DO slip up, and everyone always does, it’s important to get back on track with understanding, confident self-talk.

Be Tolerant with your wild side

This may seem starkly contrasting to the previous two statements about how to deal with your Wild Side. But the thoughts actually jive, eventually. Is your Wild Side getting the lymph movement and healthy diet it needs? If you give a dog store-bought kibble, is that really what it needs? If you give your system the same thing every day and aren’t listening to it, it will rebel and sabotage your plans. It has the highest objective to keep you alive. Thank it. Forgive yourself. Then ask your system if it is getting what it needs? When you regularly give your system what it needs, your Wild Side will be chemically retrained and happy with the new routine. It will be getting more nourishment. It will be happy with your

newfound confidence. And it will understand the new relationship.

“Cheating” isn’t a thing with The Wild Side Method

Notice that there is no “cheating” with the Wild Side Method. You cannot “cheat” when you understand that your Wild Side is running the show. When your system takes over and makes you gorge on sugar, there is simply a question to ask: “why?” Is it because you ate sugar on vacation and have to get back to being fat adapted?

When I say there is no “cheating,” I don’t mean that you aren’t allowed chocolate or can’t have ice cream once in a while. What I mean is that the concept of “cheating” is invalid and inconsistent within the Wild Side Method. How can the system that keeps you alive “cheat”?

At some point, you can think of giving your wild side a longer leash, when a bite of cake isn’t going to confuse it and make it think that “bite of cake” means “back to the routine of getting donuts every week.”

Fat adaptation and quick weight gain

When you’ve become fat adapted, your body is able to do a neat trick. It is able to store fat or “gain weight” very quickly. This may seem like a drawback. It is not. Imagine you go on a vacation in which you eat a ton of fruit or other sugary things and lounge around for a week. Obviously you’re

going to gain some weight. But people report that after they have become fat adapted, the weight gain from these multiple days of being off course results in very rapid fat gain. This is a good thing! It means that your body is working in the currency of fat. Though your blood sugar and lipids are no doubt going crazy under these circumstances, your body is becoming very efficient at converting fats to sugars and sugars to fats. The great news is that if you go quickly back to The Wild Side Method, your body won't take nearly as long as it originally took when you started this crazy journey.

Late night cravings and the signal of scarcity

Late night cravings are an interesting phenomenon. They hit strongly in the hours that we should probably be in bed. I will cover both Sleep and Stress in a couple of chapters. For now, let's look at the question "what is your body trying to tell you when it gets the late night food cravings?" Perhaps in another place or time, our ancestors needed the late night eating signal to keep us alive.

Hypothetical scenario:

You ate dinner at 6 pm, it's 10:15 pm now, and you are starving. What signals are you sending to your Wild Side? Are you telling your system that this is going to be one of those nights that you will have to stay up, crouched in the dark, defending the camp from invaders? In this case, your Wild Side wants your blood to be fueled with sugars so

your brain can react lightning-fast. If you are fat adapted, that's no problem. Your mind is not trying to sabotage you; it is just working with the signals you are giving it. Staying up later than you need, even if it is out of boredom, is a signal that you are on the night watch, so fuel up. It's telling you that it will be ready for crouching in the bushes, heart slamming, at a moment's notice. Traveling by night is not a signal of prosperity. It is a signal of fear and scarcity.

The key here is to **send the signal of plenty to your system**. A refugee gorges on food because they know they may not get access to food anytime soon. In America, the depression-era mentality of "cleaning your plate" has persisted for generations. This thought that you must finish what is in front of you whether your system is hungry or not sends a confusing message that food is regularly scarce. I'm not saying wasting food is a good idea, at all. But eating it just because it's in front of you also isn't a good idea.

It may help to remind your Wild Side that there is always more: the grocery store, stove, or restaurant is within traveling distance and anytime your Wild Side needs something, you can get it.

On a dimmer note

For some people, this realization of just how food secure they are brings a sour undertone of empathy for those in the world who are actively having to utilize their Wild Side for true survival. If you fall into this category of

empathetic people, I recommend regularly donating to your local food bank, refugee organizations, or other groups that help put food in front of truly starving people. But it's also crucial to remember and remind yourself that you are not starving! Be grateful. Let your Wild Side know how safe you want to keep it. Let it know all of the great, nutritious, decadent foods that it can have if it really needs it. This isn't the zombie apocalypse.

When push comes to shove, put your FiSTs up

What to do if your Wild Side is just screaming for that piece of toast, pasta, or tortilla: if you've determined that it's the carb craving and not the butter on the toast, the cream on the pasta, or the salt on the tortilla, it's time to put your FiSTs up by being Firm, Steady, and Tolerant with your Wild Side.

I bring my fists up into a fighting pose, narrow my eyes, and imagine they are firmly holding the reins of my beautiful crazy-eyed stallion. Even if he rears, I will hold strong. When he settles, I put my fists down, pat him on the rump, and sweetly tell him what a good job he has done. This is what I do. You have to feel for yourself what works. If you feel that your Wild Side is a skittish deer, talk to it like you would a deer. If your Wild Side is a Grizzly Bear, make yourself big and loudly say "Whoa Bear!"

The Take Away

- FiSTs up: **be Firm, Steady, and Tolerant** with your Wild Side. It is stronger than you, but you are the one with a consciousness.

- **Keep the mindset of plenty alive.** No one wins if your team thinks you are starving.
- Throughout this journey, be **adaptable**.

“W” is for Water: why you must drink water to lose weight

Your body has three sources of water: drinking H₂O, wringing it from food, and *synthesizing* it from food. Your body wants to keep stasis and has multiple ways of doing that with each tiny component of life. Sodium is regulated by each of the trillions of cells in your body. Water is crucial for your cells to remove waste gasses and molecules. If your body doesn't have enough water, it can actually *create* water metabolically.

The Rope Analogy and drinking water

It actually takes a water (H₂O) molecule to break apart each of the starches, proteins, and fats that you consume every day. Your body literally takes a little water molecule, splits it into an H (hydrogen) and an OH (hydroxide), and sticks it on the ends of the molecule that it has just broken down. This is called a hydrolysis (hydro=water, lysis=slices). A way to think of how your cells use water in this way is with the “rope analogy”:

- **Protein is a bundle of ropes.** You eat some nourishing, healthy, happy animal protein (meat). Think of the meat like a small bundle of rope.

- **Stomach acid untangles the ropes.** First your stomach denatures the protein with stomach acid, unknotting the rope and straightening it into peptide chains (Single strands of rope).
- **Lengths of rope are cut.** Next, your pancreas squirts digestive enzymes onto the proteins/peptide chains in order to cut the rope into sections called amino acids.

The rope frays without glue on the ends. The problem is, each time the rope is cut the rope wants to unravel (chemical instability). So the enzymes take a water molecule, split it, and “glue” its two parts onto the ends of the rope, stabilizing the molecules.

- Each “cut” made (and there are millions in a single bite of food) requires a water molecule to glue the ends. This is true with fats, starches, and proteins.

This is why digesting food requires water. This is also why eating a very carb-heavy meal can make you look a little skinny for a few hours: your body is losing water weight by breaking down the glycosidic bonds in the starches. A carb-heavy meal can also make your skin bloated by causing the body to flood your system with sodium to keep stasis with the high blood sugar (Pivarnik, 1984)

Metabolic water and weight loss

The rope analogy holds true for breaking down the fats inside your system as well. So when you are making all the greatest food choices: fresh, fibrous

plant matter, healthy, happy animal protein, and natural oils, your body will want to metabolize the excess fat in your system. But if you don't drink enough water, it will first take the water from your food, creating hard, potentially painful fecal pellets. Then it will actually *store more fats* to get that water back that it glued onto the "rope". You will first lose a bunch of water weight, but your system will not be happy with you. You also won't be actually burning any fat. The likely outcome of this dehydrated state is fatigue, nausea, and an eventual desertion of the diet.

Coffee, dehydration, and plateau

Coffee and caffeine, while used widely for weight loss, have been known to cause weight loss plateau in some people. The hypothesis of why coffee creates a weight loss plateau many people is that caffeine is dehydrating your system. When your system is dehydrated, it cannot break down fats. **Your system must have abundant water to break down fats!**

How much water is right for me?

The National Institute of Health recommends drinking water "when thirsty." Try out the "urometer" method: if your urine is yellow from low water intake (not B vitamins, beets, etc.), drink more water. It is possible to drink too much water, but you have to drink a lot in a short time frame. On a hot day when I ride my bike 12 miles, I can easily drink a gallon of water over the course of the day (Not all at once! Never try to drink a gallon of water all at once) (Sawka, 2005).

Salt, it's little bit tricky

Sodium, the most interesting component of table salt, is absolutely crucial for humans to consume. There is a reason that IV fluid that you get in a hospital is water with a salt (sodium chloride) concentration of 0.9%. This is what your body wants. When you practice the Wild Side Method, your intake of processed and restaurant foods will go way down. These processed and restaurant foods are also the main sources of sodium. If you end up exercising or starting this diet in the summer, you will want to look out for hyponatremia, or low blood salt. The symptoms can be fairly similar to the sickness behavior exhibited by your system adjusting to metabolizing fats. The recommended amount of salt to consume daily is hotly contested. Your doctor should know how much is best for you to consume in a day. We are each different and require different amounts of these chemicals (sodium is a chemical). Don't be afraid to ask your doctor! While many need to be aware of low blood salt, all humans are addicted to salt like we are addicted to sugar. As long as humans have been around, we've never had access to the amount of salt that we have now. So we've never needed a biological brake on our salt consumption.

Salt and a sick Wild Side

Smoking cigarettes has a taste-dulling effect on salt. Occasionally I can tell when the cook at a restaurant is a smoker. If you've ever gotten a plate of food and had it nearly burn your mouth with salt, a smoker likely made it. Having struggled with nicotine addiction since the age of 12, I can speak

confidently on this matter. Either way, making food at home (and quitting cigarettes) will undoubtedly moderate your salt intake to a personally adjusted level.

The Take Away

- You can't burn fat without drinking water.
- Drink water throughout your day, the more you sweat, the more you need. Check out the National Institute of Health for their recommendations.
- Make your own food at a salt level that you are happy with.

S is for Sleep/Stress

In the chapter on Adaptation, I covered one hypothesis on how staying up late can send scarcity signals to your Wild Side. If forcing your body and mind to be awake sends the signals of scarcity, then sleep must send the signal of safety and prosperity, right?

Sleeping, napping, and crashing

The recommended amount of sleep for an adult ranges from 5 to 10 hours with the average between 7 to 8 hours. This is yet another example of the uniqueness of individuals and that listening to your Wild Side will help you feel better and more healthy. I go by a rule of “Straight Eight” with an optional nap. By listening to my system, I have observed that this works for me.

The many causes of Insomnia

Sleep scientists have found many causes of mild insomnia that include drinking coffee too late and sources of light in the bedroom. Whatever the acute symptom, something is sending signals to your system to generate more energy than is needed. If you don't sleep well, it's time to do some research and find out what may be causing it. Do you use an illuminated screen in bed or have an electronic with a little glowing indicator light? Light sends a signal to your Wild Side that it's daytime.

There are dozens of studies that link obesity and short sleep duration. One or two have even been able to prove that poor sleep can actually *cause* obesity (causation is a big deal in science – the term is not thrown around lightly). This makes intuitive sense because we know that when rats go without REM sleep, they die in five weeks.

Tired? Why wait. Go the f#Çk to sleep

Lack of sleep demolishes the function of your Wild Side. It seems that one of the first ways that it looks to regain stasis is by eating. The signs are many: jokes become more sarcastic and the mind dulls. You become more, you know, tired. The point is, listen to your Wild Side when it sends you these **obvious** signals that it needs rest.

The liver, the brain, and the blood sugar

Your brain needs glucose from somewhere to survive. At night when you sleep, your brain burns through the sugar in your blood. The system's solution to this low blood sugar is to use the glycogen reserves that are built up in the liver in a process called the *hepatic futile cycle*. This keeps your brain alive while you sleep and also performs a regenerative function on your liver. **When you eat before bed, you bypass this cycle, depriving your liver of its natural regeneration.**

Then there's depression

Many researchers are linking depression and poor nutrition. Harvard has linked an inflammatory diet and depression. When your body doesn't have

the nutrients it needs, it can again become physically impossible to generate the energy that your cells need. This lack of energy can make some people feel very tired, causing them to sleep too much. This is a very strong signal that the system is trying to send you. If you just can't seem to get enough sleep no matter how much you sleep and are generally depressed, ask your doctor to run some blood tests on mineral and vitamin levels. Again, that whole-food multivitamin is a lifesaver here.

If you are depressed, your main focus should be seeking help, tracking down the cause, and normalizing your nutrient levels.

Stress: reduce it physically

Oxidative stress is the result on your cells and molecules when your diet is low in anti-oxidants. Oxidative stress promotes inflammation. And inflammation promotes disease.

...and cope with it emotionally

Interesting new studies have shown that stress is generally unhealthy for human individuals only if we think it is. For those of us that think stress invigorates and energizes us, it has no lifetime or health effects. So being stressed out by stress is what's really dangerous.

This is a leap of faith at some points because we've been trained to believe that stress is a silent killer.

Mood, stress, and environment have very important roles to play in how we decide to eat (Leigh Gibson, 2006). Physiology and psychology both influence food choice based on learned behavior for mood regulation. What this means is that somewhere you learned to eat chocolate when you're sad and birthday cake when you're happy. Without conscious effort, this will continue. However, new behaviors for eating can be learned! Through this concept, you can gain powerful access to your health. If we can teach ourselves new behaviors, a concept that psychologists now strongly believe is true, then working on ourselves is invaluable. The term used by psychologists to discuss the nature of change and personality is "static and plastic," meaning that personality is stable for the time being yet capable of changing over time.

What a Stressed out Wild Side wants to eat

Stress tends to push the Wild Side towards sugary foods. Snacking increases during stressful times. And the worst part is that the most heavily snacked upon foods are those containing sugar (Oliver, 1999). Mood affects food choice and food choice affects mood. What then can be done to interrupt the cycle when the Wild Side is choosing unhealthy foods for us? The most direct answer is "remove the stressor!" Avoidance of stressful scenarios is the primary solution to stress prevention but is not always possible. Using research on mindfulness and relaxation, the Wild Side Method will arm the

reader with tools to help lower the levels of stress hormones and move towards the goal of happiness.

Many factors influence food intake. More research is needed on how stress impacts food choice. For instance, the sound or music of an environment has been shown to influence heart rate, blood pressure, and food intake. If you eat your lunch in a busy, abrasive environment, It's likely that your body will be responding in a stressful way while you eat. So if you can, find a nice place to eat with supportive people and a relaxed setting. (Stroebele, 2004). You may also enjoy finding a place to eat that has some natural elements like plants or a pond nearby. This natural element has been shown to be good for human health (Frumkin, 2001).

There are many things that can gently persuade the Wild Side to choose more healthy options. Educating the self and putting these simple things into place may help. For instance, putting a plant on the table where you eat may start to reduce stress. But the biggest concept to understand out of this research is that major stressors have to be dealt with and, in some way, reduced. Whether it is through therapy, meditation, or positive reinforcement, eating healthier seems to be very difficult when the Wild Side is under chronic stress.

The Take Away

- Get in touch with your system and listen to it when it says you need sleep. Practice napping. Find ways to set your life up to get the sleep you need. Be adaptive and creative. Don't give up! Find a way to get your rest!
- Reduce the stressors.

Wrapping up CLAWS

You've now learned the five bases of health represented in The Wild Side:

- Carbohydrate awareness
- Lymph movement
- Adaptable attitude
- Water
- Stress/Sleep management

What does this mean for you in your everyday life?

My goal is to arm you with this simple acronym so you have a mental base to check in with yourself throughout the day. If you feel off or are having cravings, you can check in with these five bases of health. Check your claws multiple times each day. If there's a persistent problem, make sure to check with your doctor.

Section 2: Creating a Plan

You've learned the five bases of health that you are able to use as a way to guide yourself to better health. Now, let's look at some ways that you can create a more solid plan for yourself.

In this section, you will find:

- **Way of being in the grocery store** that trains you to shop for food that is right for your system
- **List of foods** that are helpful for everyday eating
- Discussion about the price of good food

Addressing the cost of eating well

When you are in good health, your healthcare costs are generally lower. For people in poor health, eating well can be a burden due to the fact that the cost of good food is added to the costs of healthcare. Some people will see a very quick turn around in their health and in turn see their costs for prescriptions and care go down while others will see the fiscal benefits after a longer time. There are unique ways of helping yourself to nutrient-dense, high-quality food. These involve growing a garden, becoming part of a food-buying club, shopping in bulk, and eating less. Starving yourself is never an option.

Intentional fasting is different than starving yourself but should not be done for saving money or for weight loss. If you are interested in the health benefits of intentional or intermittent fasting, please research it and talk with your healthcare practitioner. When we look at the cost of good, high quality food side by side with the cost of a less healthy grocery list, it is easy to get sticker shock.

The “50 foot view” of food choices

In a former life, I was a commercial fisherman. Each spring before the commercial fishing season, we had to paint the boat, top to bottom. When you paint a boat it is easy to get obsessed about the details and think that every imperfection at arm's length requires more sanding and priming, forgetting that the mission is to seal the boat from the elements and make it look good from 50 feet. It really doesn't matter what it looks like at three feet. In fact, if we obsessed about what the boat looks like at three feet, the job would never have gotten done! In order to accomplish your health goals with this book, it is a necessity to look at food choices with a long-term, “50-foot” view. So let go of being a purist or a perfectionist. This is about progress, not perfection.

Lets compare two grapes side by side. The first is grown with rich soils, no pesticides, is local, and generally has more antioxidant content and flavor. This one we will call “organic.” The second is grown on poor soils, requires

synthetic fertilizers, has been sprayed with pesticides, and has less flavor and antioxidants. The second we will call “conventional.” The organic grapes are nearly twice as much as the conventional grapes.

Here’s what the organic example has that the conventional example lacks:

- Supports more local grape farmers
- Used less petroleum (oil) in growing and transportation
- Causes less pollution in general
- Isn’t exposed to pesticides

Notice that all of the above are simply side benefits that don’t directly help your health. Instead, you are telling your Wild Side that this food makes you a better person both in your body and in your beliefs. The direct health benefits of choosing the organic grapes are that you are not harming your gut flora by exposing them to pesticide and are getting a more micronutrient-rich food. Organic produce tends to taste better as well.

Being Picky: a way of being in the grocery store

Being picky is not an attribute that is generally seen as desirable. We are told to be either accepting or tough, but never picky. Well now you can be. When you are getting ready to go to the grocery, it is time to be picky. It is not a time to lean on the dogma of what you “should” be or how you’ve been told to

act. The next hour of your life, that time in the grocery store, will shape the food choices for days and weeks to come. Like in many things, there is an ideal way grocery shop and there are other ways to go grocery shopping. Because we're friends, I'm going to tell you the ideal way:

Being Picky, the ideal way to go grocery shopping:

1. **Add.** Don't be afraid to add items to your grocery list throughout the week. Add items from Wild Side recipes that thrill you and nourish you, both body and soul.
2. **Load up:** Plan your trip so that you don't run out of staples.
3. **Eat.** Give yourself time to make a small, delicious meal that is on the Wild Side before your trip. You want to be satisfied: not hungry, and not full.
4. **Relax.** Give yourself time to do all the shopping you need. You want to have fun with grocery shopping, and maybe even discover new wonderful items that you didn't know about or have never tried.
5. **GO.** Go to the store! Train yourself that the feeling of your hands on the basket means that it's time to be picky. Feel what that is. This is the time to gather foods that make your system fierce, fit, and fun.
6. **Edge.** Make your way around edges of the grocery store, putting the nutrient-rich vegetables, seasonal fruit, herbs, meats from healthy and happy animals, good oils, and occasionally some dark chocolate if you can handle it.

7. **Picky.** Take your time doing things like smelling foods, asking about what ingredients are in a deli item, and examining ingredient labels. There are more foods out there than you realized, it's time to do some "fluorescent foraging" and discover them in the well lit aisles of your neighborhood grocery store. Remember to be kind when you're picky. The underpaid employees at the grocery store can be your biggest allies in finding foods that work for your system: Don't piss them off!

Great staples to eat almost everyday

Here you will find foods that are versatile and/or serve specific roles in how your body functions. Prices and availability change. The avocado oil is a great example. I didn't buy it because it was nearly \$20 for 16 ounces! Then my neighborhood paleo restaurant (yeah, we have those in Portland) started carrying avocado oil for \$15 for 32 ounces and now I'm hooked. So do what you can, shop around, buy in bulk, or order online if you need to.

Good Oils

These oils have different heat tolerances. You never want your oil to smoke. It the fumes from smoking oils are thought to cause lung cancer and the effect of digesting denatured oils is still unknown but is also thought to cause cancer. So know which oils are for cooking and which are not.

- Avocado oil

- Coconut oil
- Olive oil
- Safflower oil
- Sunflower oil

For a good resource on oil and their heat/stability tolerances, check out the Seattle grocery [PCC Natural Markets](#) for their oil guide.

Wrapping up The Wild Side

Through this book, you've gotten a memory device to help keep you in touch with your body. You've learned some good tricks of how to pick out foods and you've explored some of the systems of your body.

Have you noticed some of the themes coursing through this book?

Self-acceptance, fierceness, and patience are what this book is about.

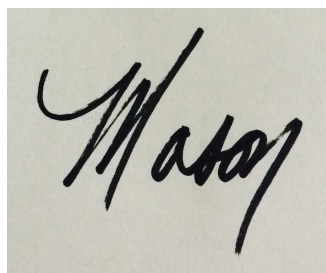
The Wild Side, it turns out, is not a weight-loss book at all. The Wild Side isn't even a self-help book. *The Wild Side*, like *your* Wild Side, is a friend and a partner: here, waiting for you to claim your life.

When I started this journey I had to use a cane and was watching myself lose a battle with the futility of life. As I write this here, for you, dear reader. I am preparing to hop on my bike for my first 100-mile ride, tearing up with gratitude.

If I can make the turn-around I've made, with the support of my Wild Side, so can you.

Don't despair. You've got this.

Yours truly,

A handwritten signature in black ink on a light-colored background. The signature is written in a cursive, flowing style and appears to read "Mary".

P.S. I left you some recipes in the appendix for you. Enjoy!

Appendix A

Recipes for Health

Here you will find a small collection of good staple recipes. Feel free to adapt them all you'd like. Often times one vegetable can be substituted out for another, no problem.

Aioli: Avocado, garlic, and herbs

Info: Aioli, also known as fancy mayonnaise, is a great way to get dietary fats. Most store-bought mayonnaise is made from canola and soybean oil and sugar, promoting inflammation. When you make the aioli below, it will become obvious that sugar isn't needed to make mayonnaise. Here, I use avocado oil. The only economic way to do this at the time of publication is to use Chosen Foods® avocado oil from Costco®. It has raw egg yolk in it, so use at your own risk and be thoughtful about who you give it to. I try to use good ingredients when I can afford them. This recipe is one reason that I buy the expensive farm eggs: the chickens they come from are healthier, so the raw eggs aren't likely to make anyone ill. If you are concerned about eating raw eggs, you can "temper" the eggs, essentially killing everything that may be in them. I suggest you do if this if you are sensitive or have a compromised immune system. See "Temper Eggs."

This is my personal recipe. I put it on everything. I hope you enjoy it!

Makes: Just less than a quart.

Ingredients:

- 2-3 egg yolks
- 1/8th cup white vinegar
- 1 tbsp water
- 1/2 tsp fine sea salt
- 2 tsp lemon juice
- 3-6 cloves garlic (if your stick blender can handle it!)

- Approximately 2 cups avocado oil
- Dried herbs of choice (tarragon is my favorite)

- Combine all ingredients BUT OIL in a wide-mouth quart mason jar.
- Blend with the your stick blender/immersion blender on the highest setting.
- Once all ingredients are thoroughly mixed (no garlic chunks, lol!), with the immersion blender going in one hand, very slowly drizzle the oil in. Move the blender up and down to consistently emulsify the oil.
- When the mixture starts to thicken and get a creamy texture, you can increase the rate that you add the oil.
- Stop when the aioli is the consistency that you like or when the jar is full.

It's possible to add too much oil and "break" the aioli. You'll know if this happens if the sauce all of a sudden just looks like an oil and water salad dressing. Don't worry. You can fix it! Please see the section "How to mend a broken emulsification."

Grandma's Southern Greens

I've been cooking with kale and collard greens for years. It wasn't until Thanksgiving, 2014 that I learned how to cook greens. I've always just stir-fried or sautéed them. Yeah, that's fine. But my friend's grandma's greens are the best I've ever tasted. The trick is cooking them for hours. And bacon.

Makes: a pot full of greens. Enough for Thanksgiving or to eat off of for a week!

Ingredients:

- 1 Onion, chopped, sliced, or diced.
- 1 pound bacon or ham hock, (bacon ends and pieces work great)
- 4 Bunches of greens (collards, kale, or another sturdy green)

Put all ingredients in a pot and cook for 3 to 4 hours on low/medium-low heat.

80-day Spice mix

Info: This spice mix is great on everything.

Makes: about enough to put into a spice shaker

Ingredients:

All spices are ground
-1 Tbs coriander

Fishing Boats

Using romaine hearts and tuna or salmon, this is a great mix of veggies, protein, and good fats. You can really fill these romaine hearts with anything. They've got a great crunch and go excellently with a little drizzle of olive oil.

Makes: 6 fishing boats

Ingredients:

3 hearts of romaine lettuce
2 cans of undrained Sacred Sea Albacore
¼ cup homemade aioli or mayonnaise
½ tsp granulated garlic or 2-6 minced garlic cloves
¼ tsp smoked sea salt (optional)
Drizzle of olive oil or Dilla Sauce (optional)

In a bowl, mix up the albacore, aioli, garlic, and optional sea salt. Include the juices from the cans in the mixture. Mix thoroughly. Set aside and let the tuna absorb the flavor and juices.

Wash and pat dry the whole romaine hearts. Cut in half lengthwise. Remove a few of the small central leaves, which are yellow and bitter. You can leave them in if you'd like the health benefit of the bitter compounds that are in those leaves.

Scoop the albacore mixture into the center of each half, making sure each bite has some of the filling. Drizzle with the optional olive oil dressing and enjoy!

Albacore Sauce Over Portabella

You can put this over salads, grilled mushrooms, roasted veggies, steamed veggies, or anything else! Sacred Sea Albacore is the fish that is caught off of my family's boat and it is fantastic. You can use other kinds of canned fish, but Sacred Sea Albacore is the best, but only available in Oregon and on the internet.

In a pan over **medium** heat, mix well and **simmer** for **10 minutes**:

- 6 oz can of Sacred Sea Albacore with liquid from the can
- 8 oz pesto (See Paleo Pesto)
- 3 Tbs sundried tomatoes, chopped

A few minutes before serving, add a second can of Sacred Sea Albacore, but leave it in chunks.

Everyday Scramble

This scramble is very versatile and is a solid go-to for a quick veggie-rich breakfast. You can use many different vegetables or protein sources. The key is shredding or chopping the veggies and getting the optional animal protein in small slices or small chunks.

Makes: One large meal or two medium/small meals

Ingredients:

Put the following ingredients into a pan, one-by-one, over medium heat:

- 2 Tbs high heat oil (coconut, avocado, safflower, sunflower)
- 1/4 chopped onion
- 4 oz of meat from a healthy, happy animal (optional)
- 1 to 2 handfuls of shredded or finely chopped vegetables (whatever you've got)

-80-day Spice Mix or other seasonings, apply liberally.

Reduce heat to medium-low and cook in a pan until the veggies are softened and the optional meat is fully cooked. Then add:

-Two eggs

Scramble and flip, adding oil as needed, until cooked to your preference.

Serve with Aioli, hummus, hot sauce, or on its own.

Kate's Frickin Chicken

A dear friend and I created this recipe together. It's one of the best ways that I've found to make any poultry.

Makes: one chicken

Ingredients:

- 2-3 Tbs ground coriander
- 2 tsp ground cardamom
- 1/2 tsp ground cumin
- 1/4 tsp ground cloves
- pinch of ground ginger
- 3 to 12 cloves of garlic
- 1 whole chicken, preferably humanely raised
- 3 Tbs high heat oil
- Salt and pepper to taste

Roast all of the spices in a pan to just before smoking (you'll want a fan on). Pat dry the chicken and sprinkle with salt and pepper. Stuff the chicken with garlic and place in a pan that has been set to just below the smoke point of the oil. Brown the chicken top and bottom. Turn off the pan and put spices all over and inside the chicken. Don't burn yourself. Bake at 450 °F, breast down, in an uncovered dish for 90 minutes.

Eat like savage kings.

Hawaiian Fish

Many of the recipes in this book go along with my family's traditions. This Hawaiian fish recipe was introduced to my mom in the seventies by Shirley. My mom gave it to my dad and my father has taken care of it ever since, serving it as part of our Seafood Thanksgiving. I am happy to share it with you.

Makes: 2-4 large servings

Ingredients:

- 1/4 cup chopped or sliced nuts or seeds
- 1/2 bunch green onions/scallions
- 3 Tbs soy sauce
- One "thumb's worth" sliced raw ginger
- 1 to 2 lbs white fish
- 3 to 4 Tbs high heat oil (coconut, avocado, safflower, sunflower) mixed with
- 1 Tbs sesame oil

- 1) Place sliced ginger in the water of a steamer pot. Place white fish in steamer basket and begin steaming until slightly flakey at the thickest part.
- 2) Move fish to a high-heat baking dish and sprinkle scallions and nuts/seeds.
- 3) Bring your oil to just below the smoke point in a small pot or pan. Bringing oil smoke to the smoke point makes it horribly unhealthy.
- 4) Once the oil is hot, drizzle it over the fish/scallions/nuts in the baking dish.
- 5) Put the dish in the broiler for one minute then serve.

Dilla Sauce

I served this simple sauce with my Dillas at my food carts. It was an absolute hit. I've had about a thousand people ask me for this recipe over the years. Here it is!

Makes: 1 pint of Dilla Sauce

Ingredients:

1 cup mayonnaise
2 Tbs lemon juice
1 Tbs fresh paprika

Mix all ingredients thoroughly, set in the fridge overnight, and serve on anything.

Cultured Caveman Tortilla (and crepes, and tortilla chips)

I'm constantly amazed by the versatility of this recipe. It is used by a couple of Portland restaurateurs. Joe and Heather own three food carts and a restaurant, all named Cultured Caveman. They have been generous enough to share this fantastic recipe with me for you to use. They are great to use for tacos and wraps, but they can also be slightly altered to make chips and crepes! How great is that?! Thanks Cultured Caveman!

Makes: 6-12 tortillas

Ingredients:

4 eggs
½ cup tapioca flour
1 Tbs coconut flour
1 Tbs coconut oil

Mix ingredients and spread ¼ cup of the batter in a medium heat pan. Cook for 1 to 2 minutes on each side.

Tortilla chips? Deep fry them instead!

Crepes? Add vanilla and cinnamon to the batter.

Paleo Dillas

This is a delicious adaptation to the famous “Killa Dilla” that I made at my food carts.

Makes: 6-12 small Dillas

Ingredients:

½ cabbage, shredded finely
1/8 red onion, finely sliced rings
¼ tsp dried oregano
2 Tbs apple cider vinegar
1 batch of cultured caveman tortillas
1 batch of Dilla sauce
2 cans worth of Sacred Sea Albacore mix,
or
3 chicken sausages chopped and heated
or
¼ lb smoked wild salmon
or
¼ lb flavored tempeh, crumbled

Place the tortilla in a pan over low/medium heat. Put 1-2 tablespoons of your protein on half of the tortilla, but from edge to edge of that half. Fold tortilla in half. Cook 2 minutes each side. Remove from heat and open the Dilla on a cutting board. Place a small handful of shredded cabbage, a couple of pinches of marinated red onions, and a drizzle of Dilla sauce. Close the Dilla and serve.

Lauren’s Asian Flare Salad Dressing

Makes: one pint salad dressing

Ingredients:

3 cloves garlic, minced

2 Tbs fresh ginger, minced
3/4 cup olive oil
1/3 cup rice wine vinegar
1/2 cup soy sauce
1/4 cup water

Place all ingredients in a wide mouth mason jar. Blend them all with an immersion blender. Serve and enjoy.

Bibliography

- Rozin, P. (1969). Adaptive food sampling patterns in vitamin deficient rats. *Journal of Comparative and Physiological Psychology*, 69(1), 126–132. doi:10.1037/h0027940
- Leathwood, P. D., & Ashley, D. V. M. (1983). Strategies of protein selection by weanling and adult rats. *Appetite*, 4(2), 97–112. doi:10.1016/S0195-6663(83)80006-3
- Overmann, S. R. (1976). Dietary self-selection by animals. *Psychological Bulletin*, 83(2), 218–235. doi:10.1037/0033-2909.83.2.218
- Lenoir, M., Serre, F., Cantin, L., & Ahmed, S. H. (2007). Intense Sweetness Surpasses Cocaine Reward. *PLoS ONE*, 2(8), e698. doi:10.1371/journal.pone.0000698
- Yang, Y., Zhao, L. G., Wu, Q. J., Ma, X., & Xiang, Y. B. (2015). Association Between Dietary Fiber and Lower Risk of All-Cause Mortality: A Meta-Analysis of Cohort Studies. *American journal of epidemiology*, 181(2), 83–91.
- Giugliano, D., Ceriello, A., & Esposito, K. (2006). The Effects of Diet on Inflammation. Emphasis on the Metabolic Syndrome. *Journal of the American College of Cardiology*. doi:10.1016/j.jacc.2006.03.052
- Jenkins, D. J., Wolever, T. M., Jenkins, A. L., & Taylor, R. H. (1986). Dietary fiber, gastrointestinal, endocrine, and metabolic effects: lente carbohydrate. In *Dietary Fiber* (pp. 69-80). Springer US.
- Lustig, R. H. (2013). Fructose: it's "alcohol without the buzz". *Advances in Nutrition* (Bethesda, Md.), 4, 226–35. doi:10.3945/an.112.002998
- Burke, L. M., Angus, D. J., Cox, G. R., Cummings, N. K., Febbraio, M. A., Gawthorn, K., ... Hargreaves, M. (2000). Effect of fat adaptation and carbohydrate restoration on metabolism and performance during prolonged cycling. *Journal of Applied Physiology*, 89(6), 2413–2421. Retrieved from <http://jap.physiology.org/content/89/6/2413>
- Kasim-Karakas, S. E., Tsodikov, A., Singh, U., & Jialal, I. (2006). Responses of inflammatory markers to a low-fat, high-carbohydrate diet: effects of energy intake. *The American journal of clinical nutrition*, 83(4), 774-779.

Freedland, R. A., & Harper, A. E. (1959). Metabolic Adaptations in Higher Animals V. THE STUDY OF METABOLIC PATHWAYS BY MEANS OF METABOLIC ADAPTATIONS. *Journal of Biological Chemistry*, 234(6), 1350–1354. Retrieved from <http://www.jbc.org/content/234/6/1350>

Avena, N. M., Rada, P., & Hoebel, B. G. (2008). Evidence for sugar addiction: Behavioral and neurochemical effects of intermittent, excessive sugar intake. *Neuroscience & Biobehavioral Reviews*, 32(1), 20–39. doi:10.1016/j.neubiorev.2007.04.019

Guercio, L. A., Schmidt, H. D., & Pierce, R. C. (2015). Deep brain stimulation of the nucleus accumbens shell attenuates cue-induced reinstatement of both cocaine and sucrose seeking in rats. *Behavioural Brain Research*, 281, 125–130. doi:10.1016/j.bbr.2014.12.025

Zhang, J. V., Ren, P.-G., Avsian-Kretchmer, O., Luo, C.-W., Rauch, R., Klein, C., & Hsueh, A. J. W. (2005). Obestatin, a Peptide Encoded by the Ghrelin Gene, Opposes Ghrelin's Effects on Food Intake. *Science*, 310(5750), 996–999. doi:10.1126/science.1117255

Kojima, M., Hosoda, H., Date, Y., Nakazato, M., Matsuo, H., & Kangawa, K. (1999). Ghrelin is a growth-hormone-releasing acylated peptide from stomach. *Nature*, 402(6762), 656–660. doi:10.1038/45230

Ho, V. W., Leung, K., Hsu, A., Luk, B., Lai, J., Shen, S. Y., ... Krystal, G. (2011). A low carbohydrate, high protein diet slows tumor growth and prevents cancer initiation. *Cancer Research*, 71, 4484–4493. doi:10.1158/0008-5472.CAN-10-3973

Bazzano, L. A., Hu, T., Reynolds, K., Yao, L., Bunol, C., Liu, Y., ... He, J. (2014). Effects of Low-Carbohydrate and Low-Fat DietsA Randomized TrialEffects of Low-Carbohydrate and Low-Fat Diets. *Annals of Internal Medicine*, 161(5), 309–318. doi:10.7326/M14-0180

Feinman, R. D., Pogozelski, W. K., Astrup, A., Bernstein, R. K., Fine, E. J., Westman, E. C., ... Worm, N. (2014). Dietary Carbohydrate restriction as the first approach in diabetes management. Critical review and evidence base. *Nutrition*. doi:10.1016/j.nut.2014.06.011

The lymphatic system and cancer. (n.d.). Retrieved March 1, 2015, from <http://www.cancerresearchuk.org/about-cancer/what-is-cancer/body-systems-and-cancer/the-lymphatic-system-and-cancer>

Gramling, M. (2015). *The Working System: The Big Picture* [Brochure]. Portland, Oregon. New Leaf Clinic

Sawka, M. N., Cheuvront, S. N., & Carter, R. (2005). Human water needs. *Nutrition Reviews*, 63, S30–S39. doi:10.1301/nr.2005.jun.S30

Pivarnik, J. M., Leeds, E. M., & Wilkerson, J. E. (1984). Effects of endurance exercise on metabolic water production and plasma volume. *J Appl Physiol*, 56, 613–618.

Leigh Gibson, E. (2006). Emotional influences on food choice: Sensory, physiological and psychological pathways. *Physiology & Behavior*, 89(1), 53–61. doi:10.1016/j.physbeh.2006.01.024

Stroebele, N., & De Castro, J. M. (2004). Effect of ambience on food intake and food choice. *Nutrition*, 20(9), 821–838. doi:10.1016/j.nut.2004.05.012

Frumkin, H. (2001). Beyond toxicity: Human health and the natural environment. *American Journal of Preventive Medicine*, 20(3), 234–240. Retrieved from [http://www.ajpmonline.org/article/S0749-3797\(00\)00317-2/abstract](http://www.ajpmonline.org/article/S0749-3797(00)00317-2/abstract)

Leigh Gibson, E. (2006). Emotional influences on food choice: Sensory, physiological and psychological pathways. *Physiology & Behavior*, 89(1), 53–61. doi:10.1016/j.physbeh.2006.01.024

Oliver, G., & Wardle, J. (1999). Perceived Effects of Stress on Food Choice. *Physiology & Behavior*, 66(3), 511–515. doi:10.1016/S0031-9384(98)00322-9

Sticky situation: How sugar affects our health. (n.d.). Retrieved February 18, 2015, from <http://scopeblog.stanford.edu/2015/02/17/sugar-and-health-the-sweet-the-sour-and-the-sticky-qa/>

Alexander, B. K., & Hadaway, P. F. (1982). Opiate addiction: The case for an adaptive orientation. *Psychological Bulletin*, 92(2), 367–381. doi:10.1037/0033-2909.92.2.367

Amino acids: MedlinePlus Medical Encyclopedia. (n.d.). Retrieved February 28, 2015, from <http://www.nlm.nih.gov/medlineplus/ency/article/002222.ht>

Cai, B., Zhu, Y., Ma, Y., Xu, Z., Zao, Y., Wang, J., ... Comer, G. M. (2003). Effect of supplementing a high-fat, low-carbohydrate enteral formula in COPD patients. *Nutrition*, 19, 229–232. doi:10.1016/S0899-9007(02)01064-X

Santos, F. L., Esteves, S. S., da Costa Pereira, a, Yancy, W. S., & Nunes, J. P. L. (2012). Systematic review and meta-analysis of clinical trials of the effects

of low carbohydrate diets on cardiovascular risk factors. *Obesity Reviews*: An Official Journal of the International Association for the Study of Obesity, 13, 1048–66. doi:10.1111/j.1467-789X.2012.01021.x

Freedland, R. A., & Harper, A. E. (1959). Metabolic Adaptations in Higher Animals V. THE STUDY OF METABOLIC PATHWAYS BY MEANS OF METABOLIC ADAPTATIONS. *Journal of Biological Chemistry*, 234(6), 1350–1354. Retrieved from <http://www.jbc.org/content/234/6/1350>

The Science of Drug Abuse and Addiction: The Basics. (n.d.). Retrieved March 7, 2015, from <http://www.drugabuse.gov/publications/media-guide/science-drug-abuse-addiction-basics>

Hess, C. R., Papas, M. A., & Black, M. M. (2002). Resilience Among African American Adolescent Mothers: Predictors of Positive Parenting in Early Infancy. *Journal of Pediatric Psychology*, 27(7), 619–629. doi:10.1093/jpepsy/27.7.619

Seligman, M. E. P., Ernst, R. M., Gillham, J., Reivich, K., & Linkins, M. (2009). Positive education: positive psychology and classroom interventions. *Oxford Review of Education*. doi:10.1080/03054980902934563

Norris, F. H., Stevens, S. P., Pfefferbaum, B., Wyche, K. F., & Pfefferbaum, R. L. (2008). Community resilience as a metaphor, theory, set of capacities, and strategy for disaster readiness. *American Journal of Community Psychology*, 41, 127–150. doi:10.1007/s10464-007-9156-6